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So you think you're a Jets fan?

Check out Jon Waldman's new book and see if you can learn something new
metroNEWS

DAVE BAXTER/METRO

Half of babies seized have medical issues

FAMILY SERVICES

Critic slams apprehension rates in the province

Manitoba's family services minister says almost half the hundreds of newborns seized by the province have developmental or addiction issues.

Last year, 358 Manitoba babies were taken into care at birth. Minister Kerri Irvin-Ross said 45 per cent of them had a medical problem.

"In some cases, it's because of drugs that a mother may have used prior to the birth, so there is medical detoxing that has to happen for the child," she said in an interview.

Child and Family Services agencies seize an average of one newborn a day. The province has one of the highest apprehension rates in Canada. There are over

10,000 children in care, the vast majority of them aboriginal.

Manitoba's First Nations children's advocate recently criticized the apprehension of newborns which she said were being "shoved anywhere." Cora Morgan said newborns are being placed in loveless shelters rather than with their parents.

Irvin-Ross said the preference is always to place an apprehended child with family. Last year, only 10 infants were housed in shelters and only temporarily, she said.

Morgan said Manitoba apprehends double the number of newborns as Alberta — a province with quadruple the population — and three times the number as Saskatchewan, which has roughly the same population.

Morgan suggested that if almost half the newborns Manitoba seizes have a medical issue, then there should be programs and shelters that work with mothers as opposed to shutting them out. THE CANADIAN PRESS



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MTS



IN BRIEF

Man charged for pulling gun on another driver

Mounties in Oakbank have laid firearm charges against a man they say pulled out a gun in a fit of road rage on the Perimeter Highway on Oct. 1.

Police say two drivers were heading north on the East Perimeter Highway when one of the drivers finally cut the other off. Things escalated when both drivers came to a stop at a red light at Highway 15 and two men from one car got out and approached the other driver. The driver of the car that had been approached pulled out what appeared to be a semi-automatic pistol and made threats to the two men. Ryan James Groening, 25, of Lorette is charged with pointing a firearm, uttering threats, and using a firearm while committing an indictable offence. METRO

Police chase high-risk sex offender through rail yards

A high-risk sex offender proved elusive when police tried to apprehend him one week after he had been released on probation. Police allege the man was drunk and trespassing in the CP Rail Yards. They say when one of their officers stationed there tried to apprehend the suspect, he got away by climbing under a train. George Winston Thomas, 38, is facing new charges of resisting an officer, trespassing and failing to comply with a probation order. METRO

Food company on hunt for new chef

UNIVERSITY OF WINNIPEG

Business focuses on serving local ingredients



Dave Baxter
Metro | Winnipeg

A company that feeds thousands of University of Winnipeg students and does it in a sustainable way is on the hunt for a new executive chef after losing two in the same year.

Diversity Food Services Inc. was set up six years ago at the university, and CEO Ian Vickers said the company was set up to serve food, but also to follow a social mandate.

"Fundamentally we exist to feed the university community organic, local, sustainably sourced food," said Vickers, who added about 65 per cent of their purchasing is from small family farms within 100 kilometres.

The company's mandate also includes hiring people who would normally struggle to find employment.

Vickers admitted the company's profits have taken a hit in the last two years, partially because of a movement by students that asked the company to refund meal money that was not spent by the end of the school



Diversity Food Services Inc. worker Debesay Tekie performs tasks in the kitchen at the University of Winnipeg. DAVE BAXTER/METRO

year. When the company tried to negotiate a new contract for executive chef Ben Kramer in July and add in a performance-based aspect, Kramer decided it was time to leave, after being with the company since the beginning, said Vickers.

The company then brought in Estuardo Toledo to replace Kramer but he was let go on Sept. 25, after being with the company for only two months.

Vickers would not comment on the reason Toledo was let go.

The company, which also caters events, is now embarking on a national hunt for a new executive chef, but Vickers said it's business as usual, and he is confident they will hire someone to take over the position at least by the winter.

HUMAN RIGHTS

Exhibit lets kids play and learn

The Canadian Museum for Human Rights opened its latest exhibit Sunday, which lets kids play and have fun, while also learning about emotions, co-operation and human rights.

"The intersection of love, forgiveness and human rights is crucial for children," said CMHR manager of education programs and special projects Mireille Lamontagne.

XOXO: An Exhibit About Love and Forgiveness, lets children and parents take part in 15 different interactive exhibits.

Kids get a chance to do things like videotape their own faces to see how they are feeling, write what makes them angry and then put the paper through a shredder, and talk into a phone to see how their tone changes a colourful screen.

"Human emotions in a museum exhibit is an entirely new experience," said Lamontagne.

There will also be daily program activities that will let kids do things like write love letters, read stories and sing songs and express their feelings on a stage.

"When human rights concepts like fairness and respect are introduced at a young age, they can have a lasting impact," said CMHR president John Young.

XOXO: An Exhibit About Love and Forgiveness runs until Jan. 3

Admission is \$8 for everyone over the age of 2.

DAVE BAXTER/METRO

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Fun book delves into Jets

WRITING

Features little-known tidbits and quirky facts



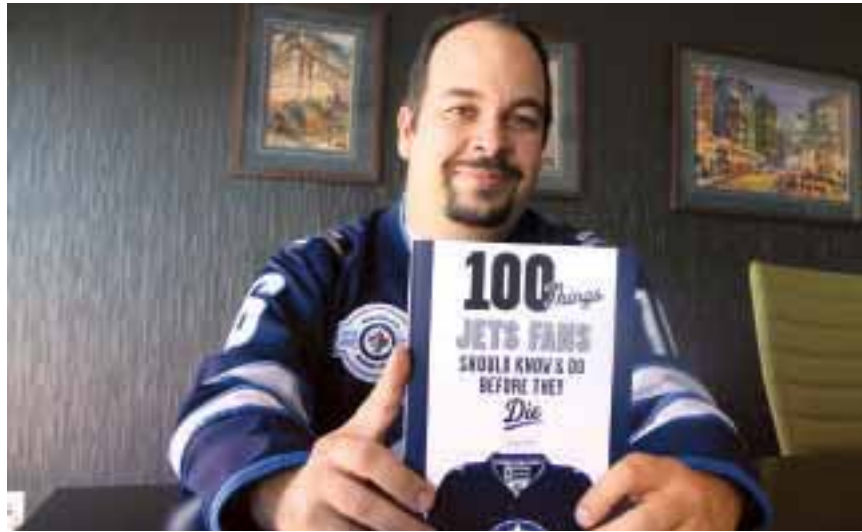
Dave Baxter
Metro | Winnipeg

If you're a Winnipeg Jets fan and you're unsure of the 100 things you need to know or do before you die, a new book has you covered.

Lifelong Jets fan and author Jon Waldman has compiled 100 Winnipeg Jets facts and moments, and ranked them in order of importance in his new book 100 Things Jets Fans Should Know & Do Before They Die.

The book spans moments right through the team's early days in the WHA, the NHL days in the old Winnipeg Arena, the team's reincarnation in 2011 to last year's run to the playoffs.

Any time someone ranks moments of importance of something as sacred to Winnipeggers as the Jets, they open



Lifelong Jets fan and author Jon Waldman shows off his new book 100 Things Jets Fans Should Know & Do Before They Die. DAVE BAXTER/METRO

themselves up to debate and criticism, but Waldman welcomes it.

"Ranking moments of any pro team is incredibly hard, and of course there is going to be all sorts of arguments," said Waldman. "That's what I want people to do. I want them

to have conversations about the book, and debate and even argue."

The book features moments most Jets fans would know about, such as rookie Teemu Selanne scoring his 76th goal in 1993, but also has tidbits even the most hardcore fan

might not know like the fact the Philadelphia Flyers almost temporarily relocated to Winnipeg in the late 1960s when their home arena had to undergo roof repairs.

Quirky facts also make it into the book, about things like the old Winnipeg Arena

You will not go to any other city in North America and see fans be such a part of the team's story like they are in Winnipeg.

Jon Waldman

Queen painting, the MTS Centre's Jumbo Jet Dog, and Adam Parady's helmet making it onto the head of a drunken Blackhawk fan.

The book is a chance for people who cheered for the Jets before they left for Phoenix to reminisce about the old days, and a chance for those too young to remember those days to get a history lesson about the original Jets, said Waldman.

Waldman had countless moments on the ice to choose from for his list, but in the end what he ranks as No. 1 is Winnipeg Jets fans.

100 Things Jets Fans Should Know & Do Before They Die goes on sale Oct. 15.

ELECTION

Mrs. Universe encourages students to vote

The first aboriginal woman to be named Mrs. Universe is telling First Nations students at the University of Manitoba that it's important for everyone to vote in the Oct. 19 federal election.

"Our future lies in the hands of the next government and also our children's future, our grandchildren; we don't want them to suffer," Ashley Burnham said at an address.

"If we suffer, our future generations are going to suffer. So yes, we do need to vote because it's a crucial time and we can change the future by just one vote."

The 25-year-old from the Enoch Cree Nation west of Edmonton was crowned Mrs. Universe 2015 in Minsk, Belarus, earlier this year.

During to address to the university students, Burnham said it's dangerous to be an aboriginal woman in Canada, saying the government of Prime Minister Stephen Harper isn't doing enough to find missing and murdered aboriginal women.

THE CANADIAN PRESS

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New zebra mussel laws in the works

Manitoba's conservation minister says the province is working on new zebra mussel laws that will be the toughest in the country.

Gord Mackintosh says a huge infestation has occurred in Lake Winnipeg, along with the Red River.

Dean Thorkelsson, manager of Lake Agassiz Marine, says zebra mussels have grown in numbers in the province like they've never seen before.

Every boat taken off the lake is now driven to an off-site gravel pad to be washed thoroughly with hot water to make sure the invasive species doesn't make it back into any other body of water.

The freshwater mussels, which are not native to western Canada, have been spreading around the world.

They clog pipes at water treatment plants and can also increase algae blooms in lakes, which can kill fish and wildlife.

They're being found on boats along beaches and on infrastructure such as swimming buoys, docks and ladders.



The victory over the invasive shellfish in Lake Winnipeg was short-lived, as they came back worse than ever. HANDOUT

They've also been found at the St. Andrews lock and dam.

In June 2014, Manitoba declared victory over zebra mussels after a unique experiment which doused four infested harbours with liquid potash. The harbours were initially declared mussel free, but they soon came back.

Boaters found possessing

zebra mussels may be fined or prosecuted under the federal Fisheries Act.

Experts have suggested zebra mussels would devastate Manitoba's \$500-million commercial and recreational fishery if they take hold, and could have a \$75 million impact in Alberta and \$28 million in B.C. THE CANADIAN PRESS

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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I've seen Canada be a very accepting society'



ROSEMARY WESTWOOD
in Toronto

Blawal Aleem, 21, knows the value of a vote.

In Pakistan, where his parents are from, Ahmadiyya Muslims such as Aleem are prevented from casting a ballot unless they declare themselves non-Muslims, and so most do not vote.

This federal election — his first — is "very interesting," he says, "but in terms of who I want to vote for, I'm clueless, because when it comes to Muslims, specifically, there's a lot of issues present."

Chief among them, the niqab debate. "I'm strictly against the niqab ban because I don't think it falls in line with Canadian values." And the fact that two federal courts have ruled against the ban shows he's right, he says.

He'd thought in previous years that the Conservatives, overall, had been "pretty good." "But ever since this niqab issue has shown up, I haven't been too sure which way to sway," he says.

To Aleem, nothing matters more than preserving an image of Canada he holds dear — where immigrants are

welcomed, instead of feared. Where everyone is treated as an equal, regardless of background or religion.

"I think being born into Canada, I've seen Canada be a very accepting society of others, and I want to ensure that, for me and future generations, it continues to be the same," he says.

Aleem was born in Toronto, raised in Vaughan, and will be voting in the tight race in King-Vaughan, where the Conservative candidate has come under fire for homophobic and misogynistic Facebook posts that he has said do not match his values. The riding's recent polls show the Liberals and Conservatives neck and neck, and the NDP slightly behind.

Soon to graduate with a business IT degree from Ryerson University, Aleem isn't swayed by some politicians' promises to cut tuition fees and student debt. "In the short term that would seem beneficial, but in the long term I'm not sure that would be too beneficial because in the end that's just coming out of our pockets," he says.

Adding to his confusion is the fact that all the leaders have done pretty well in the debates, he noted. He

likes that the Liberals reject the Conservatives' stance on the niqab ban, but notes he's against Liberal-supported bills C-51 and C-24.

"There's been a lot of talk of how Islamic values contradict Canadian values, but I don't really see that, because I believe that Islamic and Canadian values fall in line with each other," he says. "People may say, 'You're a Muslim. What's your stance on ISIS and what's your stance on violence?' and I straight out condemn it, because that's a minority that's ruining it for the majority."

"I do feel that in some way I have to clear up misconceptions," he adds, "because I've seen the recent rise in Islamophobia. People are going to look at us and say, 'These are from the same group of people,' and we're really not."

Aleem says he won't be swayed by religion or race. "Regardless of whether someone is white or black, even if they're Muslim, that doesn't mean they're necessarily representing me. If they have the right policies, I'm all for them."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.



VOTER PROFILE

Name: Blawal Aleem **Age:** 21 **Riding:** King-Vaughan
His issues: Niqab ban/Canadian values

Students unimpressed by federal parties' messaging

CALGARY

Platforms target youth with hashtags, catch phrases



Jeremy Simes
For Metro | Calgary

Some University of Calgary students don't appreciate Canada's major political parties dumbing down their messages to win their votes.

Their reactions are a result of Conservative Party pamphlets that have been spotted on the university campus and which are circulating on social media.

The pamphlets read, "Let the lefties run your campus. Help the Conservatives run the country," and, "Dropping taxes for families. Dropping bombs on ISIS. Dropping crooks in jail."

But it isn't just the Conservatives using one-line zingers: The Liberals and the NDP are both using hashtags and catch phrases to attract the youth vote.

The Young New Democrats use



A sample of the Conservative Party's pamphlets that have recently been spotted at the University of Calgary. CONTRIBUTED

an image of a backpack on their website, with a question that reads, "What's Stephen Harper putting in your backpack?"

The Young Liberals aren't jabbing at the other parties. Rather, the group is using #Generation-Trudeau to only focus on the Liberal leader, asking youth to join the fight for "real change."

The Young Greens take aim at the Conservatives on their Take Action page, which calls young people to ensure it's "Harper's last term as Prime Minister."

Adam Kostiuk, a University of Calgary student, said he doesn't enjoy single-issue politics — students are multifaceted when it comes to political issues.

"To think (parties) can come here and appeal in a strong, simple ideology in a straightforward way is out of touch," he said.

"That's not a way to get university students' attention," added U of C student Bonnie Trafford. "We are all intelligent people here, and that (simple approach) doesn't really resonate."

U of C student Justin Lorincz said one-liners are a bit of a joke.

"It seems like (parties) aren't taking it seriously," he said.

"It also annoys me when they only point out the bad things of another party," he added. Referencing the Conservatives' pamphlets, Trafford said the only thing she got out of it was a good

chuckle.

"It's not going to get any of our attention, aside from a laugh,"

she said. "If people already agree (with the Conservatives), then they'll probably be happy with

(the pamphlet). But for others who are undecided, I don't think it does much."

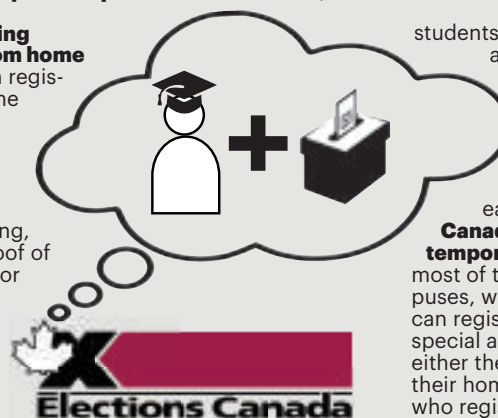
BY THE NUMBERS

Exercising the Franchise 101

Elections Canada, whose own research shows that a mere 38.8% of eligible voters between 18 and 24 cast ballots in the 2011 election, is hoping a new pilot project, which starts today on campuses across Canada, will boost that number.

Students attending schools away from home

can either remain registered in their home ridings and vote there — by mail or by travelling on election day — or register in their school's riding, by presenting proof of local residency. For many out-of-town students, the added difficulty involved with either of these options is enough to prevent them away from casting a ballot, and



explains in part why Elections Canada found that

students voted in 2011 at an even lower rate than the general 18-24 population.

Starting today, to make things easier, **Elections Canada is opening temporary offices** on most of the country's campuses, where students can register and cast a special advance ballot, in either the local riding or their home ridings. Those who register at the temporary offices still need two pieces of ID, one of which has an address.

NDP casts shadow on trade deal

ELECTION 2015

Mulcair insists his party won't be bound by 'secret' pact

With the possibility Canada could join a massive Pacific Rim trade deal within hours, Tom Mulcair tried to cast his NDP on Sunday as the only party ready to stand up to the Conservatives on a pact he insisted could hurt Canadian farmers and manufacturers.

"The NDP, when we form government on Oct. 19, will not be bound by this secret agreement that Mr. Harper has been negotiating," the NDP leader said at a campaign stop in Brantford, Ont.

Mulcair made the comments as his campaign rolled across southwestern Ontario with half-a-dozen planned stops, including the cities of London and Sarnia.

While in Waterloo, Mulcair warned a crowd of 300 of what the controversial, 12-country Trans-Pacific Partnership could



NDP Leader Tom Mulcair speaks to supporters in Sarnia, Ont. RYAN REMIORZ/THE CANADIAN PRESS

do to the region's farmers.

His whistle-stop tour took place as negotiators in Atlanta tried to seal the deal on a long-awaited agreement.

In an effort to conclude the agreement, negotiators held a series of all-night sessions pushing the meeting three days beyond its original schedule.

Mulcair has been trying to burnish his social-democratic credentials by insisting he won't be bound by a Conservative deal on the Trans-Pacific

+ LIBERALS' STANCE

Trudeau says agreement will get a long look

A new Liberal government would take a long look at any trade deal signed by the Tories before deciding whether to uphold it, party leader Justin Trudeau said Sunday in Brampton after a boisterous and crowded rally with dozens of Ontario

candidates.

On Sunday, 12 countries including Canada appeared on the verge of creating the world's largest regional trade zone, which would usher in a series of economic changes on four continents and prompt months of heated debate.

THE CANADIAN PRESS

Partnership, which would create the world's largest trade zone.

It remains to be seen whether Mulcair's blitz would jumpstart the NDP campaign, which recent polls suggest has been stalling.

Mulcair has hammered away on the importance of upholding the country's supply management system for dairy and poultry farmers.

Foreign negotiators have said Canada's protectionist system would have to be opened up for a deal to be reached, though it remains unclear what concessions might be made by

the federal government.

The Conservatives have insisted they would keep the supply-management system intact amid political pressure from opponents, provincial governments and the dairy lobby.

But the federal government has left open the possibility it could allow for an additional, if limited, share of foreign goods into Canadian grocery stores.

A TPP deal, which the government has said would boost the Canadian economy as a whole, could also have a similar effect on the auto sector.

THE CANADIAN PRESS

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Elections Canada has all the information you need to be ready to vote.



Ready to vote 
October 19, 2015



'Our trial should be a case study': Fahmy

 **ELECTION 2015**

Journalist will meet with NDP, Liberals once back in Canada

In the midst of a heated federal election campaign, a Canadian journalist who fought terror charges in Egypt for nearly two years will be returning to Canada with a clear message for all parties vying to form the next government: Ottawa needs to do more to help citizens detained abroad.

Mohamed Fahmy said he doesn't want to get political, but he wants to trigger a national conversation when he returns home.

"I will start a constructive debate about the Canadian government's handling of the case and how foreign policy in dealing with such emergencies could be improved to protect

Canadians who could be in a similar situation like mine, or worse," he said in an interview. "Our trial should be a case study that could benefit so many."

The 41-year-old plans to accept invitations he's received to meet separately with NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau.

"I'm not endorsing or pledging allegiance to anyone," he said. "But ... I really want to meet them in person and thank them, because they stood beside me, very much so when I needed the support."

Fahmy said Mulcair and Trudeau appealed to Prime Minister Stephen Harper when he needed it the most, particularly when, while out on bail in Cairo during his second trial, he was left without a Canadian passport.

"(Harper's) response was unacceptable, considering the security threat I was facing," Fahmy said of the situation at the time. THE CANADIAN PRESS



Canadian Al Jazeera English journalist Mohamed Fahmy greets cameramen after being released from Torah prison in Cairo, Egypt, Sept 23. AMR NABIL/THE ASSOCIATED PRESS

SENATE

PM's inbox flooded with angry emails

Angry Canadians called for Sen. Don Meredith to be removed from the Senate after allegations emerged that he had an improper relationship with a teenager.

The demands for Meredith – who is facing the prospect of a police investigation into the allegations – to lose his Senate seat landed in the Prime Minister's Office inbox, according to emails obtained by The Canadian Press.

Some Canadians had seemingly been pushed too far by yet another senator caught in a scandal and, more specifically, another one appointed by Stephen Harper.

"Man o man...couldn't you have put some half decent people on the Senate payroll?" one email read.

Another message was just as blunt: "Holy Hannah, has there been anyone nominated by Harper to the Senate that hasn't brought shame to Canada?? How is it indeed possible to have so many senators nominated by one prime minister go in the ditch?"

Meredith could face a police probe into allegations following a Toronto Star report that alleged he had a sexual relationship with a 16-year-old girl, who is now 18.

THE CANADIAN PRESS



WHERE THE LEADERS ARE MONDAY



• **Stephen Harper** will be in Richmond Hill, Ont.

• **Tom Mulcair** is scheduled to make an announcement in Toronto.

Justin Trudeau's and **Elizabeth May's** itineraries were not available.



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An explosion burned out this Doctors Without Borders medical facility Saturday. THE ASSOCIATED PRESS

22 killed in airstrike

AFGHANISTAN

MSF leaves Kunduz after hospital hit in northern city

International medical charity Doctors Without Borders said on Sunday it had withdrawn from the northern city of Kunduz after a deadly airstrike destroyed its hospital and killed 22 people.

The city briefly fell to the Taliban last week before the government launched a counter-offensive, and the humanitarian situation within it has been growing increasingly dire, with shops shuttered because of ongoing fighting and roads littered with mines planted by insurgents.

"All critical patients have been referred to other health facilities and no MSF staff are working in our hospital," said Kate Stegeman, the communications manager for Doctors Without Borders, using the French acronym for the organization.

"Some of our medical staff have gone to work in two hospitals where some of the wounded have been taken," she added.

Investigations into the bombing continue. MSF announced Sunday three injured patients had died, bringing the total to 10 in addition to 12 dead staffers.

The charity said in a statement Saturday "all indications" placed responsibility on the international military coalition, and Army Col. Brian Tribus, a spokesman for American forces in Afghanistan, said a U.S. airstrike "in the Kunduz vicinity" around 2:15 a.m. Saturday morning "may have resulted in collateral damage to a nearby medical facility."

Afghan officials said helicopter gunships returned fire from Taliban fighters who were hiding in the hospital, but Stegeman said there were no insurgents in the facility at the time.

President Ashraf Ghani said a joint investigation was underway with U.S. Forces and President Barack Obama said he expected a full accounting of what happened. THE ASSOCIATED PRESS

LIBYA

Bodies of 95 migrants washed ashore

The bodies of at least 95 migrants have been found washed ashore in Libya over the past five days, a spokesman for Libya's Red Crescent said Sunday.

Mohamed al-Masrati said Red Crescent scouts found 85 of the corpses near Libya's capital Tripoli and 10 near Sabartha, a Libyan coastal city that is a main launching point for smugglers' boats headed to Europe.

He says most of the deceased are migrants from other African

countries and search efforts continue.

Thousands seeking a better life in Europe cast off from Libya, hoping to reach Italy.

The International Organization for Migration says more than 2,600 have died in 2015 on the Central

Mediterranean route.

Smugglers have exploited Libya's internal turmoil to ship thousands of desperate migrants into the Mediterranean, headed for Europe.

"Up to today there are more than 550,000 internally displaced people in Libya

due to the current conflict in Benghazi and other places, and we believe this number will increase to at least 600,000," said al-Masrati.

The United Nations is pressing Libya's rival governments to form a national unity government. Meanwhile the U.N. says an estimated 2.44 million people in Libya are in need of protection and some form of humanitarian assistance.

THE ASSOCIATED PRESS

550,000

The number of displaced people believed to be in Libya due to the current conflict with Benghazi, according to officials.

THE ASSOCIATED PRESS

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IN BRIEF

Debris, oil sheen found during ship search

Rescuers spotted floating debris and an oil sheen Sunday as U.S. crews continued an intensive search off the southeastern Bahamas for a U.S. cargo ship, the El Faro, with 33 people on board.

The U.S. Coast Guard has not yet been able to confirm

whether the debris and oil is from the El Faro.

THE ASSOCIATED PRESS

Joaquin weakening

After roaring across parts of the Bahamas as a Category 4 hurricane, Joaquin weakened. By Sunday, it was downgraded to a Category 2 storm. THE ASSOCIATED PRESS

RBC eyes voice ID service

BIOMETRICS

Banks striving for innovation to stem tech-savvy startups

Phone passwords and security questions could soon become obsolete as financial institutions race to implement technology that can verify a client's identity based on the characteristics of their voice.

After a successful pilot project last summer, Royal Bank is rolling out "voice biometrics" technology that can identify clients who phone the bank's call centres, in a matter of seconds.

Customers will have to opt in to the service, which is being phased in over a three-month period and has been created by tech firm Nuance Communications.

RBC says it is the first Canadian company to implement technology that can create and identify a client's "voiceprint," which consists of more than 100 different characteristics such as the client's pitch and



Royal Bank is phasing in its new system over three months. Proponents of the technology say it will improve security. THE CANADIAN PRESS FILE

accent, in the course of a regular conversation.

Manulife implemented similar technology for its banking clients and its retail advisers back in September, although users have to say a predetermined phrase — "At Manulife,



You can't steal a voice.

Joanna Lohrenz

my voice is my password" — in order for their voices to be verified.

In addition to speeding up the customer service process — agents can immediately begin addressing a client's needs rather than peppering

them with a series of security questions. Proponents of the technology say it will also boost security.

"It's easy to pick up a piece of mail and look at someone's confidential information, but you can't steal a voice," said Joanna Lohrenz, vice president of contact centres and customer experience at Manulife.

Financial institutions have been striving to innovate in response to changing customer expectations and pressure from more agile, tech-savvy startups that threaten to snatch some of their market share.

Earlier this year CIBC opened an innovation lab in Toronto to experiment with a variety of new technologies, including voice authentication similar to Apple's Siri, that would allow customers to use their voices not only to access their accounts but also to perform a variety of tasks such as pay bills, transfer money and even seek advice about budgeting.

CIBC is currently conducting research to determine how much appetite clients have for voice-authenticated banking.

THE CANADIAN PRESS

IN BRIEF

Google is now 'Alphabet'

Google Inc. on Friday completed the move to reorganize as Alphabet, and its stock will begin trading as Alphabet on the Nasdaq under the same tickers "GOOG" and "GOOGL" on Monday. Google said in August it would create a new company that would oversee both its lucrative Internet business and its growing flock of other ventures like building self-driving cars and researching ways to prolong human life.

THE ASSOCIATED PRESS

Facebook jazzes profiles

Facebook is testing new profile videos that can be created from phones and would replace a still profile photo. The seven-second, looping videos play automatically when you look at a profile page. For now, only some iPhone users in California and the U.K. can make them. Any Facebook user can see them. Facebook Inc. doesn't have a specific date for when it will expand the feature.

THE ASSOCIATED PRESS



Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

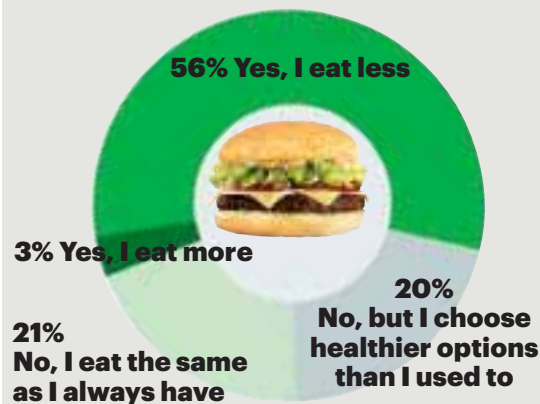


Metro MONDAY POLL

Would table service and automated ordering make you eat more fast food?

Last week, McDonald's Canada blew up the way it does business, adding touch-screen kiosks and table service, along with dozens of new burgers, cheese, bun and topping combinations to keep up with the trend of customization over comfort food. Traditional greasy fast fare has declined in recent years as people choose to drive by the drive-thru in favour of options like Chipotle. Metro asked readers, have these changes affected what you choose to chow down on?

Have you changed how much fast food you eat?



2 Will automation will take over the business?

Yes, but not totally — just to make service faster and more efficient	43%
Yes for fast food and chain coffee shops, but not sit-down ones	24%
No, the human touch is key to service	22%
All our servers will be computers	7%

3 What changes might make you eat more fast food?

37% More fresh, healthy choices
 19% Lower prices
 17% More breakfast options all day
 6% Nothing. Fast food is gross and I avoid it
 5% More attention to food allergies, sensitivities and preferences (i.e. more nut-free, dairy-free, gluten-free or vegetarian options)
 5% More restaurants near where I live / work
 5% Make it automatic so I don't have to talk to anyone
 4% Nothing, I already eat enough/too much fast food
 2% Other

Locally sourced ingredients

Ethical choices

Reduce salt content dramatically

METRO READERS

Visit metronews.ca every Friday to have your say.

metroview

I raise my double double to you, fellow Brantfordians

Liz Brown

Metro | Toronto



Last week, I stumbled across a news story that has provided much insight into the origins of my Canadian patriotism.

Statistics Canada reports that my hometown, Brantford, Ont., is the city most proud of its Canadian identity, with 98 per cent of residents saying they take pride in just, well, being able to call themselves Canucks.

I'm convinced it's because this community cultivates pride in Canadian clichés in a way that puts Bob and Doug McKenzie to shame. Growing up there, you're constantly reminded that Brantford bred the world's greatest hockey player. And if you never move away, you think it's in perfect taste to hang Canadian flags as curtains on your bedroom window. A Sunday well spent is a game of street hockey, played to the sounds of The Tragically Hip (we once had a music festival called Hockey-fest), followed by domestic Canadian brews consumed in a garage.

As a kid, I knew that Wayne Gretzky's mom and dad — Walter and Phyllis — lived behind the Brantford Mall on Varadi Avenue and if you knocked on the door and asked nicely, Walter would take you for a tour of the basement that showcased memorabilia from his son's career. Walter had autographed sticks and pucks he'd gift to kids, like a sort of hockey Halloween.

As quickly as you can say Timbit, you're told that

Brantford, per capita, has the most Tim Hortons of any city in Canada. So strong was this urban legend, that a Brantford Expositor reporter went on assignment to uncover the truth back in 2007. Much to the city's disappointment, her research revealed Moncton, N.B., held that crown. But, she confirmed that Brantford does have the most Tim Hortons per capita in Ontario, and once boasted the busiest store, which, during peak hours, had to call the police to control the drive-thru chaos.

We love this Canadian institution so much, we're also home to the factory that bakes the doughnuts. The central bakery that ships frozen Tim's goods across Canada is on the east side of the city and coats the area in that familiar sugary, fried doughnut scent. If you ever happen to visit Brantford, start sniffing as you approach on the 403, right near Wayne Gretzky Parkway.

I live in Toronto now, and I'm often mocked for my "strong Canadian accent" and love for pedestrian activities like drinking beer in a garage. I'm aware that reducing Canadian culture to hockey, doughnuts and beers in a garage is incredibly simplistic and doesn't come close to capturing the character of this country. But there's a charming innocence in loving your country so much you take pride in these tropes.

So I raise my double double to you, fellow Brantfordians. Congratulations for putting our city on the map once again.

Since when have Tories cared about women?

INSIDE THE PERIMETER

Shannon VanRaes



For too long, women's bodies have formed the playing field for a game from which they are largely excluded: politics.

From Sparta's invasion of Troy to Canada's invasion of Afghanistan, women have been pawns for the political ambitions of men, providing a moral imperative for nationalistic ambition, and justification for fear and control.

The current federal election is no exception.

Despite concerns about the economy, jobs, health care and international trade, the issue emerging as pivotal is that of a handful of women who want to wear a niqab during the public portion of citizenship ceremonies.

Three men, all white, all Christian, debating what Muslim women should be allowed

to wear. It's absurd, it's scary, it's disappointing and polls show it's changing the political landscape.

That two women over the course of Canada's long tradition of immigration wanted to — for whatever reason — wear a face covering during a brief ceremonial moment, shouldn't have even qualified as a footnote in Canadian history. Instead, the Conservatives have used it to leverage fear and xenophobia as they seek another mandate. And they're doing it under the pathetic guise of protecting women. It's a sad exclamation point at the end of nine years of leadership that successfully and consistently eroded the role of women in Canadian society.

And yet Stephen Harper says he's concerned about cultures that are "anti-women." I don't buy it. No one should.

If the Conservative Party really wants to improve the lives of woman, it would ad-

dress income inequality. It would address the fact that I will work hard my entire life and never earn as much as a man doing the same job.

If Stephen Harper was really concerned with the welfare of women he wouldn't have repeatedly slashed funding for Status of Women Canada. He wouldn't have shuttered more than a dozen of their offices. He wouldn't have cut the word "equality" from their mandate.

If the Conservative leader had even an iota of genuine interest in protecting women, he would answer calls for an inquiry into missing and murdered indigenous women.

Instead, the Conservatives cut funding to programs like Sisters in Spirit. Harper then cancelled the Court Challenges Program and gutted organizations like the Women's Legal Education and Action Fund.

Canada ranks 50th in the world when it comes to parliamentary equality, with women

holding just over 25 per cent of seats in the House of Commons. Iraq, Afghanistan, Tunisia, Algeria and Ethiopia have all elected higher percentages of women to their governments than Canada.

If Immigration Minister Jason Kenney is really out to rid our country of misogyny — and of course he's not, he's out to turn bigotry and ignorance into votes — he would get in touch with folks in Rwanda, which has the highest number of elected women in the world.

Make no mistake, there is a culture out there that's rooted in barbaric, anti-women ideology — it's found within the Conservative Party of Canada.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs.

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The Girlboss guide to business

ENTREPRENEURSHIP

Author Sophia Amoruso spills the secrets to success

Amanda Valentovic
Metro | New York

Sophia Amoruso's book *#Girlboss* shares the story of how she started online clothing business Nastygal.com and turned it into a successful \$100-million company before she turned 30.

When the book was released in May 2014, *#Girlboss* spent 18 weeks on the New York Times bestseller list, and last week Amoruso kicked off the release of the paperback at the Union Square Barnes



It's not a bad thing to professionalize what you enjoy doing. It's what I did with vintage clothing.

Sophia Amoruso

and Noble with a conversation with Teen Vogue editor-in-chief Amy Astley.

Here are three things we learned about starting your own business from Sophia Amoruso:

Make something you love into your business

"It's not a bad thing to professionalize what you enjoy doing," says Amoruso. "It's what I did with vintage clothing."

If you really love your job, it will make your business more successful. Make sure that you're doing something

you love because you want to, not because of the attention you might get.

"If you're seeking the limelight, it won't work," Amoruso says.

Be ambitious and a team player

When hiring someone, Amoruso looks for a person who is willing to work — but not someone who isn't willing to learn.

"They're ambitious, but not entitled," Amoruso says about employees she looks for. "If you're like that, no one will want to be around you."

When you stay organized and on top of your job, you'll stand out from the crowd.

Earn everything yourself

"Working for things is really important," Amoruso says.

The reward will taste so much sweeter when you know you've earned everything you've worked for yourself, especially if you've been working toward a goal for a long time.

"There's only one first time that you can earn something yourself," says Amoruso. After that, more motivation will come to keep reaching for new goals.

Sophia Amoruso

KIMBERLY WHITE/
GETTY IMAGES



Providing free snacks to employees can give a substantial boost to morale, according to new research. iSTOCK

The sweet taste of good morale

Eleni Deacon

For Metro Canada



The recipe for exceptional workplace morale calls for fair paycheques, supportive bosses, and not-boring everyday work. But to truly ensure employees feel sprightly, the secret ingredients might be sugar and salt.

That's the implication of recent research from online grocery-delivery service Peapod. In a survey of 1,000 of

fice workers, the company found that 56 per cent of full-time employees were "extremely" or "very" happy with their jobs. It's a promising outcome. However, those rates climbed to 67 per cent among workers at offices that offer a game-changing bonus: free snacks.

Could a stocked fridge really help employers stack the deck in their favour? Despite the survey's bite-sized sample size, the outcome suggests that satisfying workers' mid-afternoon munchies

generates a higher level of overall satisfaction — which could potentially yield better-quality work and improved productivity.

It seems almost ridiculous that a Clif bar or banana could have a dramatic impact on workers' opinions toward their jobs. But while free snacks may seem like a superfluous perk, the feeling they inspire — in addition to "full," that is — might make a deep impression.

When presented with complimentary nibbles, few

employees will pass up the chance to chow down. But their ensuing contentment may not result from the fact of a full stomach so much as the sense of being valued by their employer.

Feeling appreciated by your direct supervisor is different than feeling appreciated by the organization for which you work. Free snacks, while seemingly of low significance, could provide a daily reminder that your company thinks beyond the bottom line.



A city in the throes of change

Berlin's Museum Island features a cluster of buildings, each one dedicated to different parts of world history. At right: Jewish Museum Berlin, designed by Polish-American architect Daniel Libeskind. JOACHIM MESSERSCHMIDT AND JOCHEN KEUTE/GERMANY TOURISM

ARCHITECTURE

Berlin moves into the future while keeping its past intact

Eva Salinas
For Metro Life



Berlin's futuristic Humboldt Box — a cube-like metal and glass structure that sits in contrast to the old and massive museums that surround it — is a tourist draw.

On this particular day in July, in the middle of a heatwave no less, small crowds filtered in and out of rooms, looking at a miniature model of the city and watching videos.

A visiting Turkish journalist seemed perplexed. "Tourists come here to learn about a palace under construction?" she asked.

It seemed an odd attraction to her — a visitor's centre that overlooks restoration work on Berlin's Prussian royal palace, which remains closed to the public until 2019.

The palace, which was bombed in the Second World War and demolished in 1952 by the East German government, has been the "the missing piece" to complete the city's famous Museum Island, the centre's director reassured the woman. It will become the sixth building on the site, each one dedicated to different parts of history.

Once rebuilt, the director said, "you will have all the world's culture in one place."

Construction cranes dotted the skyline behind him.

"Berlin is a city that is forever in the process of becoming," historian Rory Maclean wrote in Berlin: Imagine a City. With its streets, walls and rivers as witness to many significant moments in history, Berlin's identity is reflected by its ever-changing architecture.

This past Saturday, the country marked the 25th anniversary of the reunification of East and West Germany. While the fall of the wall in 1989 symbolized the end of the Soviet empire, reunification in 1990 represented the rebuilding of a nation — physically and ideologically. Since, Berlin has become the epitome of European cool — modern, vibrant, green, and constantly adapting.



Berlin's identity is reflected by its ever-changing architecture.

Much of Berlin's rebuilding is hidden to the visitor's eye, but some parts of the city give a nod to its past. Not far from the Humboldt Box, across the Lustgarten Park and around the corner, sits the Neues Museum, one of the best examples of architecture that incorporates a dark history with a modern edge.

The building sat heavily damaged from WWII bombing until 1998, when restoration began by English architect David Chipperfield. It reopened to the public in 2009 — with new, lighter

concrete slabs made to contrast older, pockmarked pieces.

Also in the city centre is the Jewish Museum, made up of two buildings, the second of which opened in 2001 and was designed by Polish-American architect Daniel Libeskind. The exterior is a tall, silver, imposing, zig-zagging structure — an abstract Star of David — and the concrete inside, filled with darkness and light, is an experience in itself.

Over in former East Berlin, remnants of the wall can still be found, perhaps most famously at the open-air "Eastside Gallery" — a long stretch of wall covered in art commissioned and painted in 1990. One of the best-known paintings depicts a kiss between communists Leonid Brezhnev and Erich Honecker, captured in a photograph in 1979.

The city is full of these kinds of details — subtle nods to its past, remade to define its current and future identity.

As Berliners marked the weekend's anniversary, renovations were already underway to transform the former Tempelhof Airport grounds, which only recently hosted the Lol-

lalooza music festival, into temporary housing space for incoming refugees.

And so the city of perpetual change adapts, again.



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IN BRIEF

Canada wins its first-ever Junior Davis Cup title

Felix Auger-Aliassime and Denis Shapovalov won the decisive doubles match as Canada earned its first-ever Junior Davis Cup title with a 2-1 victory over Germany on Sunday.

Shapovalov opened the final with a 6-1, 6-4 triumph over Marvin Moeller to give No. 1 seeded Canada the 1-0 lead in the tie. Auger-Aliassime then lost his first match of the week, dropping a 6-3, 6-3 decision to Nicola Kuhn as Germany evened up the tie at 1-1.

After going 12-0 through its previous four ties, this was the first time Canada had to play a deciding doubles rubber. But Auger-Aliassime and Shapovalov were up to the task against Kuhn and Moeller, defeating the German duo 6-3, 3-6, 6-2 in a tight match.

THE CANADIAN PRESS

Arsenal whips Man United in opening 20 minutes

Alexis Sanchez's first-half double helped give Arsenal a 3-0 win over Manchester United in a dominant display that propelled the London club into second place in the Premier League.

Mesut Ozil also scored for Arsenal. His goal came in the seventh minute for a 2-0 lead. Sanchez capped the scoring in the 20th minute.

It was Sanchez's fifth goal in two league matches after his hat trick against Leicester last week.

THE ASSOCIATED PRESS

Liverpool gives Rodgers the boot after three years

Brendan Rodgers was fired as Liverpool manager on Sunday, paying the price for the club's 18-month slump since almost ending its long wait for an English league title.

Liverpool's American owners, Fenway Sports Group, chose the day of the Merseyside derby against fierce rival Everton to announce that Rodgers' three-year stint at Anfield was over. About three hours after the 1-1 draw at Goodison Park, Rodgers had his contract terminated. THE ASSOCIATED PRESS

Blue Jays stumble into ALDS against Rangers

MLB

Rays swiftly dispatch Buehrle in season finale

The Toronto Blue Jays' first-round playoff picture is complete as they'll face the Texas Rangers in the American League Division Series.

The AL East-champion Blue Jays will play host to the AL West-champion Rangers in Game 1 Thursday at Rogers Centre.

David Price will start for the Blue Jays, while Yovani Gallardo is expected to take the mound for the Rangers to begin the best-of-five series. Gallardo went 2-0 against Toronto this season and didn't allow a run.

The Blue Jays had a chance to earn home-field advantage throughout the playoffs but went 1-4 in their final five games after clinching the AL East, including a 12-3 loss Sunday to the Tampa Bay Rays. Despite that, the Blue Jays are healthy and confident going into the post-season.

"Tough last couple days, but we're feeling good right now," manager John Gibbons said. "Really, I guess you can say us and Texas are probably the two hottest teams the last two months. It's probably going to



Blue Jays second baseman Ryan Goins tags out the Rays' Brandon Guyer on Sunday in St. Petersburg, Fla. STEVE NESIUS/THE ASSOCIATED PRESS

be a pretty good matchup."

The Blue Jays were 50-51 when they acquired shortstop Troy Tulowitzki on July 29 and went 43-18 down the stretch. The Rangers were 48-52 that day and finished 40-22.

Toronto won four of the six games between the teams this season.

"It's still somewhat of a good feeling knowing that we actually played pretty well against

Texas this year," right-fielder Jose Bautista said. "Most of us do pretty well in that ballpark when we play there, too. It's one of those places where we always put up a lot of runs. It's a hitters' park just like ours. That's probably going to help us."

The Kansas City Royals, who led the AL for months, won five straight to end the season and earn home-field advantage.

Kansas City will face the winner of the AL wild-card game between the New York Yankees and Houston Astros.

In the National League, the New York Mets will face the Los Angeles Dodgers, while the Central Division-champion St. Louis Cardinals will play the winner of the wild-card game between the Pittsburgh Pirates and Chicago Cubs.

While the Blue Jays popped

TULO HEALTHY

Shortstop Troy Tulowitzki doubled in three at-bats during his second game after missing three weeks due to a cracked scapula and upper back bruises. He went 2-for-5 Friday.

champagne to celebrate their division title Wednesday in Baltimore, Texas needed a victory on Sunday to clinch the AL West. The Rangers' celebration was on clubhouse televisions at Tropicana Field after the Blue Jays' game against the Rays.

Cole Hamels, whom the Rangers acquired at the deadline before the Blue Jays got Price, started the final game of the regular season and would be on regular rest to pitch in Game 2 Friday.

Jays left-hander Mark Buehrle, whose attempt to reach 200 innings for the 15th consecutive season ended after he got only two outs Sunday, said he was told he would not be on the post-season roster.

"I'm disappointed, but they made the right decision," Buehrle said. "Those guys have been throwing the ball way better than I am, so they deserve to be on it. I'm going to travel and cheer my rear end off, and hopefully bring this thing back to Toronto." THE CANADIAN PRESS

NFL

Packers improve to 4-0 at the expense of 49ers



Packers linebacker Joe Thomas breaks up a pass intended for 49ers tight end Vance McDonald in Santa Clara, Calif., Sunday. EZRA SHAW/GETTY IMAGES

Once Aaron Rodgers and Co. warmed up in the second half, the Green Bay Packers kept their unbeaten start rolling.

Rodgers passed for 224 yards and a touchdown, ran 17 yards to set up a key second-half score, and the Packers beat the hapless San Francisco 49ers 17-3 on Sunday for their first 4-0 start in four years.

Richard Rodgers caught a nine-yard touchdown pass on the game's opening drive before Aaron Rodgers got his team going in the second half after a slow start to snap a four-game

48

The 49ers (1-3) have scored just 48 points while giving up 110.

losing streak to San Francisco, which included a pair of playoff defeats.

Clay Matthews added his own flair to this one. When he sacked Colin Kaepernick in the third quarter, he kissed his right biceps Kaepernick-style to

punctuate the play — one of Green Bay's six sacks.

While methodical with nothing fancy, Green Bay (4-0) seemed unfazed with a short week and long trip West after beating Kansas City last Monday night. This is the team's first 4-0 start since winning the initial 13 games in 2011.

The Packers certainly hope their trip to Levi's Stadium will be the first of two this season. The Super Bowl comes to the second-year, \$1.3-billion Bay Area venue in four months for its 50th edition. THE ASSOCIATED PRESS

RECIPE Basil Pesto Pizza with Ricotta and Sun-dried Tomatoes



PHOTO: MAVA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada



Making pizza with flatbread means it comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients

- 2 cloves garlic, peeled and quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- chopped basil for garnish

Directions

1. Preheat the oven to 375. Prepare a baking sheet with parchment paper.
2. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth, scraping down the sides of the bowl as necessary.
3. Lay the flatbread out onto the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes
4. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and the cheese is melted. Remove from the oven and sprinkle with chopped basil and slice into triangles to serve.

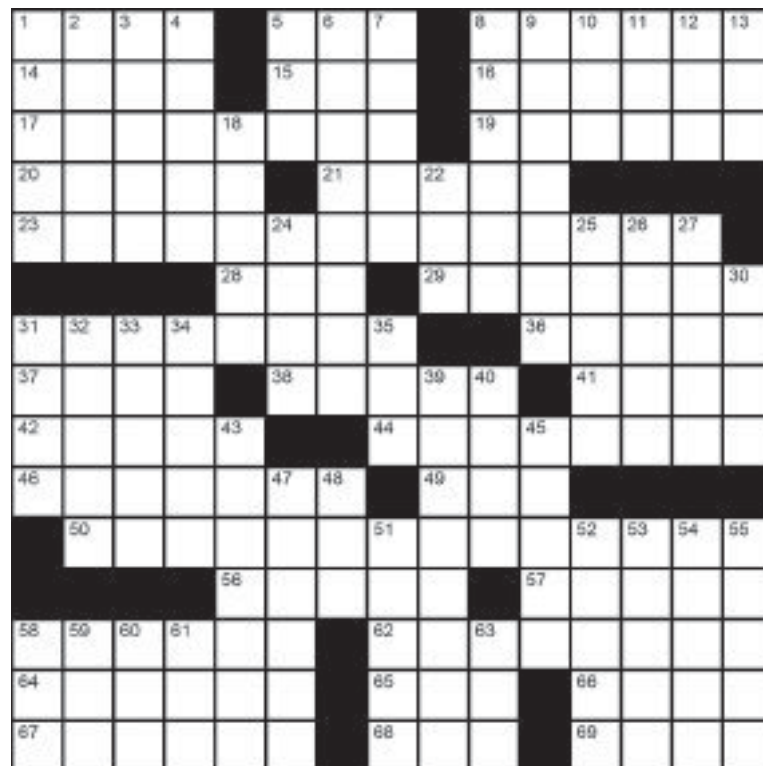
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Dungeon's demeanour
5. Ancient yrs
8. "Poseidon" (2006) actress Emmy
14. Celebrity hair-stylist Jose
15. _-dee-dah
16. Light bulb moment exclamation!
17. Roman Emperor portrayed by Malcolm McDowell in 1979
19. Actress Julia
20. _ _ nothing
21. Pros opposites
23. Decorative artistry for which Metis people are renowned: 2 wds.
28. " _ of Love" (1989)
29. Autumn, and others
31. Ontario folk festival since 1961
36. Director's creation
37. Grad
38. Women's fitness magazine
41. Went
42. Chesterfields
44. _-Benz
46. "Bambi" (1942) character
49. "Rock and Roll, Hoochie _" by Rick Derringer
50. L' _ _ (Worn around the waist, traditional clothing accessory of the Metis that is also functional)
56. " _ _ is an island entire of itself..." - John Donne



57. Like a shoe's support
58. Venerable
62. _ flechee (Also worn in traditional French-Canadian apparel, alternative name of #50-Across' answer)

64. Robinson _ (Daniel Defoe's 1719 book)
65. 'Capital' suffix
66. Make _ _ for it (Go!)
67. Items that sound off in the kitchen
68. Mr. Danson

69. Sizeable story

DOWN

1. Choice of coffee
2. Have _ _ (Enjoy)
3. _ Yello (Soft drink brand)
4. Previous
5. _-ray player

6. Type of pipe made from the same-named gourd
7. Western film of 1953 starring Alan Ladd
8. Live somewhere
9. Did better competitively in the pool
10. Mister, in India

11. French seasoning
12. Li'l instrument
13. Pas' partners
18. Comprehend
22. ' _ ' _ in Ta-doussac
24. Russian author Mr. Tolstoy's
25. Serenader's song: " _ _ Mio"
26. Wandered
27. Cook's tool
30. TV _ (Electronics purchases)
31. Ship spar
32. Hawaii = The _ State
33. "Tell Me Something Good": 1974 hit for what band?
34. Islamic leaders
35. Kanga creator's monogram
39. Toy dog breed [var. sp.]
40. Fun suffix to 'Switch'
43. Support a walk-a-thon
45. Sir Arthur _ Doyle
47. Overacts
48. Spinning stat.
51. Unexpressed, but understood
52. Spanish titles for Misses, for short
53. Honda car
54. Cardigan-like garment
55. Carrion-consuming creature
58. Perform
59. Mr. Geller
60. Dental floss brand
61. Operate
63. " _ better be!"

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may want to start something new but before you do get the views of people you trust. There may be something you have missed that could cause problems later on.

Taurus April 21 - May 21
You may be tempted to get vocal with someone who has let you down but the planets warn that they hold the upper hand at the moment. Try criticizing them later in the week instead.

Gemini May 22 - June 21
You can be easygoing to a fault but you cannot expect others to be as accepting of the current situation as you are. Don't let others spoil your buoyant mood.

Cancer June 22 - July 23
Your feelings for a certain individual will reach a peak over the next few days, which is nice, but this may not be the best time to reveal your true thoughts and intentions. Keep them secret just a little while longer.

Leo July 24 - Aug. 23
Certain resentments will come out into the open where they can finally be dealt with. You have no choice but to confront them.

Virgo Aug. 24 - Sept. 23
You need to take care of certain duties that you have been avoiding. You've put them off long enough: now you must knuckle down and get ahead of the game. If you don't you will fall even further behind.

Libra Sept. 24 - Oct. 23
You will find it easier to express yourself when Mercury turns direct in your sign towards the end of the week. Between now and then though keep your thoughts and feelings to yourself.

Scorpio Oct. 24 - Nov. 22
Your feelings will be magnified to such an extent during the early part of the week that you may not be able to control yourself and that could cause trouble, especially at home.

Sagittarius Nov. 23 - Dec. 21
Cosmic activity urges you to have a good time socially but other aspects warn that authority figures still expect you to deliver on what you have promised. Work now, play later.

Capricorn Dec. 22 - Jan. 20
You may be hungry for success but you must not take liberties. Make sure there are no skeletons in your closet that your enemies can easily uncover. Bury them deep!

Aquarius Jan. 21 - Feb. 19
If a friend or colleague proposes that you do something different don't dismiss the idea out of hand. If you are too cautious now you may kick yourself later in the week.

Pisces Feb. 20 - March 20
Pisces is a mutable sign, and you are more flexible than most. That attribute should serve you well this week. While others are unwilling to adapt you will be making compromises and profiting from them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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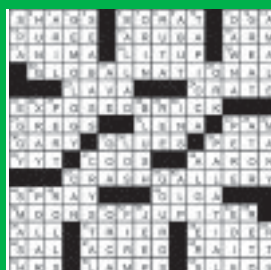
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